

0Montgomery County Department of Recreation



DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER
9701 Main Street, Damascus, MD 20872 * Phone: (240) 777-6995
Hours: Mon. - Fri. 9:00am - 4:00pm



Tony Edghill – Director
Manager
Lisowski

Sue Ketchum – Nutrition Site
Recreation Assistants – Jean Kingsley, Jean Girvan, and Paula

SEPTEMBER 2006

The Center will be closed Monday, September 4 in observance of Labor Day.

BIRTHDAY PARTY- Fri., Sept. 1, 1:00pm. Join St. Paul's Catholic Church as they help us celebrate all of our September birthdays.

BLOOD PRESSURE SCREENING - Wed., Sept. 6, 10:00 – 11:30am and Thurs., Sept. 21, 10:00 - 11:00am.
Free, provided by volunteer nurses

HONOR OUR TROOPS AND REMEMBER 9/11 – Fri., Sept. 8, 1:00pm. Come listen and sing along to some patriotic songs as we support those who serve our country and remember those we have lost. On our homeland.

ICE CREAM SOCIAL – Thurs., Sept. 14, 1:00pm. Join us for the last ice cream social of the season. Make your own sundae with ice cream from Jimmie Cone.

JOE GRAVLIN - Fri., Sept. 22, 1:00pm. You won't want to miss one of your favorite entertainers. Joe Gravlín returns to Damascus to swoon us with your favorite toons.

CHOLESTEROL SCREENING – Wed., Sept. 27, 9:00 – 11:00am. Scheduled appointments – You must register in advance by phone at the Adventist Health Care Office, 1-800-542-5096. Payment accepted over the phone by charge card or mail in a check. Walk-ins will be accommodated, if time permits. The following screenings are available: VAP (Vertical Auto Profile) Test, Lipid Profile, Monocystein, HeCRP, Blood Pressure, Glucose (Fasting Blood Sugar), Alc, Prostate Specific Antigen (PSA), and Body Fat Analysis. It is recommended that you fast for 12 hours before having your blood drawn. Results will be mailed to your home address within two weeks. Fee for the cholesterol (lipid) test is \$21 for people 55 and over and \$25 for those under 55 years of age. When you call, ask for the costs of the other tests available.

BOCCE BALL – Wed., Sept. 27, 1:00pm. Our new Special Events Coordinator, Paula Lisowski will be accompanying those who are interested to Mt. Airy for a bocce ball tournament. Prizes will be awarded to the winning teams.

FOLK TUNES - Fri., Sept. 29, 1:00pm. Through a grant from the Arts and Humanities Council of Montgomery County Board of Directors. Donato Soranno, will be entertaining you with folk tunes in different languages today.

The staff of the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all business and groups that partnership with the Damascus Senior Center.

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ADDITIONAL PROGRAMS FOR YOUR ENJOYMENT

SING ALONG – Every Wed., 11:00am – 12:00noon. If you like to sing, come and join in!

SPIRITUAL PERSPECTIVES ON AGING – Rev. Tim Dissmeyer leads a discussion group on the various aspects of enjoying life in the “Golden Years.” Share your thoughts, gain some new insights and enjoy many humorous stories in this varied program which meets Wed., 1:00pm.

TEA DANCE – Every Thursday, 1:00 – 3:30pm. Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

BOOK CLUB – Meets the 3rd Thurs. each month at 2:00pm. Share your reviews of books you’ve been reading and learn about new ones you might like to explore.

BIRTHDAY PARTY – Fri., Sept. 1, 1:00pm. See Page 1 for more information..

SHUFFLEBOARD - Tues., Sept. 5, 1:00pm. Come watch or play on our outdoor court.

CURRENT EVENTS - Thurs., Sept. 7, and Thurs., Sept. 21, 1:00pm. Join Mel Dyson for this interesting program about news-worthy events in our lives.

WHEEL OF FORTUNE - Mon., Sept. 11, 1:00pm. Tony will host this fun board-game version of the famous TV show game.

GRANDPARENTS GROUP – Tues. Sept. 12, and 26, 11:00am. Join Marilyn Norris, in the dining room, for timely discussions on a variety of topics pertinent to grandparenting. Meeting the 3rd, and 5th, Tuesday this month. No sign up necessary.

MOVIE BINGO – Tues., Sept. 12, 1:00pm. Join George Hibbard and Richard Fox for bingo with the stars.

ICE CREAM SOCIAL - Thurs., Sept. 14, 1:00pm. See page 1 for more information.

CENTER BINGO - Fri., Sept. 15, 1:00pm. Jean Girvan will call the numbers. Come play to win!

Miniature GOLF –Fri., Sept. 15, 11:00am. Go to Boher Park in Gaithersburg and enjoy a relaxing day of Miniature Golf with other Seniors. The cost is \$8.00 and that includes entry and lunch. **Deadline for registration is September 13; call Damascus Senior Center for more information.**

TRIVIAL PURSUIT - Mon., Sept. 18, 1:00pm. Tony will lead this game to test your general knowledge.

POETRY READING – Tues., Sept. 19, 1:00pm. Come and share your favorite poetry, either published or your own original poetry. Submit your reading to Tony by Friday, Sept. 15.

JOE GRAVLIN - Fri., Sept. 22, 1:00pm. See Page 1 for more detail.

SORRY - Mon., Sept. 25, 1:00pm. Come and play this exciting board game with Tony.

MUSIC BINGO - Tues., Sept. 26, 1:00pm. Join MaryBeth Talamo for this name-that-tune version of bingo.

BOCCE BALL TOURNAMENT - Wed., Sept. 27, 1:00pm. See page 1 for details.

TRIVIAL EVENTS – Thurs., Sept. 28, 1:00pm. Join Tony as he hosts Trivial Events, a game that test your knowledge of events of the past 100 years.

INTERNATIONAL SONGS WITH DONATO SORANNO - Fri., Sept. 29, 1:00pm. See page 1.

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.

Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member

*** * * CLASS NEWS & UPDATES FOR SEPTMEBER 2006 * * ***



PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.**

NEW COMPUTER CLASS – If you are interested in learning how to use the computer and internet class start Tuesdays and Thursdays September 5, and 7 10:00 – 11:30am. Register at the Center front desk. **Free.**

BRIDGE CLASS – If you would like to learn how to play or refresh your memory of how to play, classes can be arranged for Mondays at 12:00. Register at the Center front desk. **Free.**

CERAMICS CLASS - Bring your own greenware or bisque pieces to the classes. Learn the proper techniques to complete the pieces including cleaning, firing, staining and glazing, or painting and finishing with acrylics. We have a wide variety of paints and finishing sprays as well as a kiln for firing. Class fee: \$5 for 10 weeks. Join anytime. This class meets Mondays and Wednesdays from 10:00am - 12:00 noon. Session started Mon., Aug. 7.

CHAIROBICS - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Wednesdays and Fridays, 10:30 – 11:30am. Ongoing. Join anytime. **Free Call for information.**

EXERCISE AND FITNESS - This is an on-going chair-exercise program for full-body strengthening and flexibility. This class meets Tues., and Thurs., from 10:30 - 11:30am. Join anytime. **Free.**

HAND CHIMES – Open for new participants to join anytime. You do not need to read music to participate in the class which will meet Tuesdays 10:00 – 10:45am. **Free.** Call the Center if interested.

LINE DANCE – New class. **Free DVD lessons** will be given in the auditorium on Tuesdays, and Fridays, 11:30am for this fun, country-music pasttime.

MAH-JONG – Lessons are available on Wed. Learn a new game or take a refresher course. Call the Center and ask a staff person to arrange for **free lessons**. Mah Jong games start at 12:30pm on Wednesdays. **Free.**

TAP DANCE - Meets Mondays from 12:00 - 1:15pm. All levels welcome from beginners to advanced. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. Session starts Mon., July 10.

WALK AND FIRM AEROBICS – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1_ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights for part of the time. Weights are optional. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it. Ongoing. **Free**

LIFE IS GREAT WHEN YOU PARTICIPATE

*** * * GAMES AND CLUBS * * ***

BOOK CLUB - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets

the third Thursday of each month at 2:00pm.

BRIDGE - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

CANASTA – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

MAH JONG - Every Wednesday at 12:30pm. New players are welcome anytime.

PINOCHLE - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.



* * * MORE PROGRAM OPPORTUNITIES * * *

BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES are all available to enjoy at the Center.



EXERCISE ROOM - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.

* * * HEALTH & SOCIAL SERVICES * * *

SENIOR INFORMATION AND ASSISTANCE - Carol Smith is available at the Center on Wednesdays from 11:30am - 4:00pm. Carol can help you with information on senior housing, financial assistance, Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need

immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

BLOOD PRESSURE SCREENING - Wed., Sept. 6, 10:00 – 11:30am and Thurs., Sept. 21, 10:00 – 11:00am. Offered by volunteer nurses and Montgomery General Hospital. **Free**, available to everyone.

CHOLESTEROL SCREENING – Wed., Sept. 27, 9:00 – 11:00am. Scheduled appointments – You must register in advance by phone at the Adventist Health Care Office, 1-800-542-5096. Payment accepted over the phone by charge card or mail in a check. Walk-ins will be accommodated, if time permits. The following screenings are available: VAP (Vertical Auto Profile) Test, Lipid Profile, Monocystein, HeCRP, Blood Pressure, Glucose (Fasting Blood Sugar), Alc, Prostate Specific Antigen (PSA), and Body Fat Analysis. It is recommended that you fast for 12 hours before having your blood drawn. Results will be mailed to your home address within two weeks. Fee for the cholesterol (lipid) test is \$21 for people 55 and over and \$25 for those under 55 years of age. When you call, ask for the costs of the other tests available.

A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.

*** * * TRANSPORTATION * * ***

TRANSPORTATION PROCEDURES – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.

*** * * NUTRITION LUNCH PROGRAM * * ***

MEAL RESERVATIONS - Lunch is served at the Center on weekdays at 12:00 noon. Meal reservations for Monday and Friday, must be made by 2:00pm the previous day. **Meal reservations for Tuesday, Wednesday and Thursday are handled differently. Those meals are prepared on-site. Order by Monday each week for meals served that week.** Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24th of the month. Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.** The full cost of lunch on Monday and Friday is \$4.38, and on Tuesday, Wednesday and Thursday, it is \$5.00. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHENEVER POSSIBLE.** For persons aged 60 and over, and spouses of any age, a voluntary contribution is requested. Please contribute as much as you can as contributions are used to purchase more meals. Guests under age 60 must pay the full cost of the meal. For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

GUIDE TO RECREATION AND LEISURE PROGRAMS - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

"Sign up" for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit www.emontgomery.org to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

SENIORS TODAY! – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

SENIOR PROGRAMS WEB SITE: montgomerycountymd.gov/rec, your link to other recreation programs including senior programs and services offered throughout the County.

*** * * SIGN IN PLEASE! * * ***

We ask for your continued assistance by scanning your access card and signing in each day. Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thanks for your help and cooperation.

REMEMBER TO SHOW YOUR SUPPORT!

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or the DSCSI Operations Manager, Charles Seabold.

THANK YOU FOR SUPPORTING YOUR CENTER

**Damascus Senior Center
September 2006**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ 9:00 Coffee Social 9:15 Walk & Firm

				10:30 Chairobics 11:30 Line Dance 1:00 Birthday Party with St. Paul's Catholic Church
4 CLOSED FOR LABOR DAY HOLIDAY	5 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:00 Computer Class 10:30 Ex. & Fit. 11:00 Bridge 11:30 Line Dance 1:00 DSCSI Board Meeting 1:00 Canasta 1:00 Shuffleboard	6 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Blood Pressure 10:30 Advisory Committee Meeting 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.	7 9:00 Coffee Social 9:15 Walk & Firm 10:00 Computer Class 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Current Events	8 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Honor Our Troops and Remember 9/11
11 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 12:00 Tap Dance 12:00 Bridge Lessons 1:00 Wheel of Fortune	12 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Grandparents Group 11:00 Bridge 11:30 Line Dance 1:00 Canasta 1:00 Movie Bingo	13 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.	14 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Ice Cream Social	15 9:00 Coffee Social 9:15 Walk & Firm 11:00 Mini Golf Gaithersburg Senior Sponsored Event 11:30 Line Dance 10:30 Chairobics 1:00 Center Bingo
18 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 12:00 Tap Dance 12:00 Bridge Lessons 1:00 Trivial Pursuit	19 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 11:30 Line Dance 1:00 Canasta 1:00 Poetry Reading	20 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.	21 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Current Events 2:00 Book Club	22 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Joe Gravlin
25 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 12:00 Tap Dance 12:00 Bridge Lessons 1:00 Sorry	26 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Grandparents Group 11:00 Bridge 11:30 Line Dance 1:00 Canasta 1:00 Music Bingo	27 9:00 Coffee Social 9:00 Cholesterol Screening 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp. 1:00 Bocce Ball	28 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Historical Trivia	29 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 International Songs Donato Soranno